



Memorial Weight Loss & Wellness Center

Program Overview



The regional **Memorial Weight Loss & Wellness Center** offers a comprehensive, customized approach to providing you the safest, highest quality of care for your weight-loss and wellness needs. We are dedicated to improving your health and life – not just your physical appearance. In addition to the physical benefits of losing weight or maintaining a healthful weight, you'll have access to the expertise of medical, surgical, lifestyle and nutritional specialists. Our physician-led, multidisciplinary team is committed to working alongside you and your referring physician throughout your journey to better health.

Programs offered at Memorial Weight Loss & Wellness Center include:

- ▶ Bariatric Services
- ▶ Medical Weight Loss Services
- ▶ Patient Optimization
- ▶ Diabetes Services
- ▶ Nutrition Counseling
- ▶ Body Contouring/Plastic Surgery
- ▶ Memorial Center for Healthy Families
 - Kids
 - Teens



Meet Margarita

A WEIGHT-LOSS SUCCESS STORY

At just under 5-foot-10, Margarita Martin weighed 330 pounds and was more than 50 percent body fat. Her weight had led to myriad health issues, including high cholesterol, diabetes and obstructive sleep apnea. She decided, after much consideration, to take action. Her next decision was choosing Memorial.

Margarita underwent a global health assessment of medical, lifestyle, nutritional and physical therapy evaluations which determined a customized treatment plan that would include bariatric surgery. Following a gastric bypass procedure in May 2011 through Memorial Bariatric Services, she lost 135 pounds. But, surgery was just the beginning.

A continued regimen of multidisciplinary care, including physical therapy, nutrition counseling with registered dietitians, lifestyle counseling, support groups and follow-up visits with her team of surgeons, has kept the weight off—and changed her whole life.

Her new health journey began with an ending—her nurse practitioner told her, “You can stop calling yourself a diabetic.” Soon after, Margarita’s cholesterol went back to normal, and she was able to get rid of her CPAP device.

She began meeting with a social worker who encouraged her to journal and helped her to work through her insecurities and worries, new and old. Dietitians worked with Margarita to plan meals and taught her new ways to prepare and enjoy foods. After her recovery period, she worked with the center’s physical therapists who determined she was ready to begin working out. Following a slow introduction to exercise, she is now an avid runner. She is working with her team of dietitians to create a new meal plan to ensure she consumes enough calories for her daily two-hour workouts.

She drives nearly two hours on a monthly basis to attend support groups with those going through the same experiences. Now, Margarita is a proud mentor—working with other patients and sharing her story so that others might benefit.

To Margarita, the trip is worth it. “I don’t care how far Springfield is. I will always come to Memorial because of the people.”

“To be trapped in a 330-pound body, you feel helpless and angry,” she said. “You want to be invisible. Now I feel like I’ve been released from prison.”

Memorial Bariatric Services

Memorial Bariatric Services, an accredited, regional surgical weight-loss program, is recognized by the American Society for Metabolic and Bariatric Surgery (ASMBS) and the American College of Surgeons (ACS). Bariatric programs receiving accreditation must meet the highest standards for patient safety, advocacy and clinical effectiveness. All prospective bariatric surgery patients must undergo careful evaluation and preparation with the multidisciplinary team as well as commit to long-term follow-up care. Memorial Bariatric Services offers an array of specialists who prepare you for surgery and support you throughout your journey.



Programming includes:

- ▶ Global Health Assessment with midlevel provider and follow-up sessions
- ▶ Laboratory studies to assess current health status and health risks
- ▶ Psychosocial evaluation and follow-up sessions
- ▶ Nutrition evaluation, follow-up sessions and classes
- ▶ Physical Therapy evaluation and follow-up sessions
- ▶ Bariatric support groups
- ▶ Bariatrician consultation (if applicable)
- ▶ Surgeon consultation
- ▶ Life-long post-operative follow-up care with our multidisciplinary team

Bariatric surgical procedures offered:

- ▶ Laparoscopic Roux-en-Y gastric bypass
- ▶ Laparoscopic Vertical Sleeve Gastrectomy
- ▶ Revisional bariatric surgery
- ▶ Laparoscopic Adjustable Gastric Banding (for select patients)
- ▶ Laparoscopic Duodenal Switch

Who can benefit?

- ▶ Patients who are at least 18 years old
- ▶ Patients with a Body Mass Index (BMI) greater than or equal to 40
- ▶ Patients with a BMI between 35-39 with certain associated medical conditions such as heart disease, sleep apnea, diabetes or hypertension
- ▶ People with a history of failed weight-loss attempts
- ▶ Patients willing to participate in the multidisciplinary program and long-term follow-up care
- ▶ The benefits of surgery for the patient are greater than the risks

Regional Presence

Memorial Bariatric Services provides services in Springfield, Illinois, and at four satellite locations through partnerships with Abraham Lincoln Memorial Hospital in Lincoln, Advocate BroMenn in Bloomington, Blessing Hospital in Quincy, Passavant Area Hospital in Jacksonville and Decatur Memorial Hospital in Decatur. Pre- and post-operative services are provided at all locations, while bariatric surgical procedures are performed at Memorial Medical Center in Springfield.

Memorial Center for Healthy Families

Memorial Center for Healthy Families offers support and health guidance to children, teens and their parents. Our comprehensive, patient-centered programs utilize a multidisciplinary team approach led by pediatricians, alongside registered dietitians, physical therapists and lifestyle professionals. Our team works with each family to identify barriers to healthy living, provide support and encouragement and generate new ideas to help the whole family get healthier.

The Memorial Center for Healthy Families offers a family-based, eight-week program, known as Healthy Kids, for patients 3–7 years old and 8–12 years old. In Healthy Kids, children and parents will attend four group sessions. Parents will attend part of each group session with their child and will then breakout as a parent group and learn how to support a healthy lifestyle for the entire family. The child's breakout group will meet simultaneously and focus on the child's role in establishing and maintaining a healthy lifestyle. The Healthy Teens program is an eight-week program for patients 13–17 years old. Teens will attend four group sessions with same-aged peers while parents attend accompanying support groups.

Programming includes:

- ▶ An individual medical assessment to review growth charts, family history and health risks. Medical follow-ups will help monitor progress throughout the program.
- ▶ Laboratory studies to assess current health status and risks.
- ▶ Fun and interactive group sessions modeled after Ellyn Satter's *Secrets of Feeding a Healthy Family*®. Sessions are co-facilitated by registered dietitians, lifestyle professionals and physical therapists and include topics such as family meals, meal planning, food selection, activity, body image and self-esteem.

Additional programming may include:

- ▶ Individual or family-based nutrition counseling
- ▶ Individual or family-based lifestyle or related mental health counseling
- ▶ Physical therapy assessment and treatment
- ▶ Referral to Memorial Feeding Team
- ▶ Referral to Memorial SportsCare
- ▶ Just Cook Teaching Kitchen
- ▶ Parent support groups



Who can benefit?

- ▶ Families who want to learn more about healthy weight, growth and how to better feed their child
- ▶ Families with children 3–12 years old who want to learn more about and incorporate healthy lifestyle habits
- ▶ Teens who want to learn more about and incorporate healthy lifestyle habits
- ▶ Participants who are willing to work with a multidisciplinary team and can commit to program sessions

Regional Presence

Healthy Families is currently offered in Springfield, Illinois, at the Memorial Weight Loss & Wellness Center.



Meet Jacob

A WEIGHT-LOSS TESTIMONIAL

Weight loss: 103 pounds

What was your motivation for starting the medical weight-loss program?

In August 2013 I had a major health scare with a pulmonary embolism in my right lung. This was caused by low back pain that had been aggravated by being overweight. Due to the back pain, I could not exercise and developed the blood clots that went to my lungs. This was very dangerous and could have caused me to die. I have 6-year-old twins and a wife at home. I could not stand to see them be without a father and husband. Not to mention, I was only 32 at the time, and that is too young to be down and almost out!



How has Memorial helped you along your journey?

Dr. Florence is my primary care doctor. She recommended this program to me and has been very supportive ever since. The nutrition staff are great—they help you start where you are and then gradually prod you along. Also, the physical therapy team does a great job of keeping it real when it comes to exercise and working it into your life. The lifestyle team has been very supportive and just listens to the things I want to talk about. Overall, this team is great and they truly customize the program for your needs.

What are your biggest accomplishments so far?

I am doing it! I have been seeing results, but more importantly, I have made this a part of my life. I am committed to making good food choices every day. Also, I like to exercise now and I am sad when I don't get to it. Finally, I have been encouraging other people to either join the program or I have tried to support them in their own health journey. Most recently, I have started to teach my twins how to read food labels.

What would you tell someone just starting their journey to better health?

I would tell them to get started, don't wait and take the first step even if it seems really small. Once they start, if they don't have the healthiest day, don't get defeated; start the next day as a new day. Don't let guilt get the best of you.

Improvements in health

I have been able to get off my blood thinners, significantly reduce my pain medications and increase physical activities. When I started this program, I was taking more than six pain pills per day, and now I am down to about two per day. Also, when I started this program, I could barely walk or stand upright. I am now able to stand straight and walk at a four to five mile-an-hour pace when exercising.

Medical Weight Loss Services

This non-surgical, comprehensive, innovative program features physicians specializing in obesity medicine (referred to as bariatricians), working alongside other licensed professionals including physical therapists, clinical social workers, counselors and registered dietitians. The team collaborates with you to help you reach your health goals and will customize a weight-loss program that meets your individual needs.

The components of the program may include:

- ▶ Medical evaluation to assess your current body mass index, body measurements and medical conditions related to your weight. Based on your assessment, services may include:
 - Monthly visits with our advance practice nurse or physician to monitor progress.
 - Medications for weight loss, if appropriate.
 - Consultations with specialists or collaboration with existing specialists.
 - Referral to our surgical weight-loss program if appropriate.
- ▶ Diagnostic testing, which may include a laboratory work-up, EKG, sleep study and cancer screenings.
- ▶ Nutrition assessment to analyze current nutritional health, metabolism and body composition. Services may include:
 - Interactive group sessions.
 - Diabetes education program.
 - General healthy eating and nutrition education sessions.
 - Nutrition counseling sessions to develop an individualized meal plan.
- ▶ Physical assessment to evaluate cardiopulmonary health, muscle strength, flexibility, mobility and balance. Services may include:
 - Interactive group sessions.
 - Individual skilled physical therapy to address specific needs (such as severe joint pain or cardiopulmonary deconditioning).
 - Monitored group exercise sessions at Memorial SportsCare.
 - Discounted YMCA membership.
- ▶ Lifestyle assessment to identify specific barriers to weight loss and provide self-management tools and healthy coping skills. Services may include:
 - Interactive group sessions.
 - Individual counseling sessions.
 - Smoking cessation.

Who can benefit?

- ▶ Patients with a BMI 26-40 with or without other health problems related to excess weight
- ▶ Patients with a BMI greater than 40 and not interested in or eligible for bariatric surgery
- ▶ Patients willing to work with a multidisciplinary team
- ▶ Patients who are ready to make a commitment to improve their health

Regional Presence

Medical Weight Loss Services are offered in Springfield, Illinois, as well as at Memorial hospital affiliate locations, such as Abraham Lincoln Memorial Hospital in Lincoln, Passavant Area Hospital in Jacksonville and at Taylorville Memorial Hospital in Taylorville.*

**Contact our office for details on program location availability.*



Meet Hartzel

A PATIENT OPTIMIZATION SUCCESS STORY

Hartzel Bruno's left leg was gradually getting weaker and weaker. The part-time livestock farmer dismissed it for two years, assuming it was part of getting older. "Like a lot of people my age, I kept tolerating it," said the 67-year-old. "That was a mistake. I wish I hadn't waited two years."

Hartzel, who is also the director of operations for Steak 'n Shake in Springfield and Jacksonville, had a misaligned leg for most of his life. More recently, his leg was steadily growing weaker and would often buckle. His meniscus, a cartilage disc that cushions the knee, had torn.

After a while, his pain intensified to the point where he could no longer play with his four grandchildren or climb on farm machinery. If he walked more than a block, he needed to sit down to rest. "It was becoming a real problem. I realized my quality of life wasn't there," Hartzel said.

It was time to do something about it. He scheduled an appointment with an orthopedic surgeon at Springfield Clinic.

The news wasn't good. Hartzel needed surgery, but he was not a good candidate in his physical condition. He needed to build up his leg strength and lose weight. Hartzel knew he was overweight but wasn't aware of how much he had gained. "I weighed 399 pounds," Hartzel said. "When I got on the scale at Memorial, it scared me. It was a gigantic wake-up call."

Hartzel was referred to Memorial Patient Optimization, a partnership between the Memorial Weight Loss & Wellness Center and Memorial SportsCare with the goal of lowering surgical risks and increasing positive post-surgical results.

He went to Memorial SportsCare two to three times a week, doing a variety of exercises, such as recumbent stepping, squats and working on a balance ball. "There were days I thought I was physically stressed from the exercises," he said. "They would change the exercises if the pain was too great." He also exercised at home, and his wife, Mary Jean, was his coach.

In about three months, Hartzel lost 60 pounds. In September 2013, he received a total knee replacement and had his leg straightened.

Hartzel continues to work on his weight loss. He has lost a total of 83 pounds and has set a goal to weigh 275 pounds. "I'm able to enjoy life again. I can ride the bicycle with my grandkids now," Hartzel said. "I haven't done that for 10 years."

Patient Optimization

Patient Optimization is designed for patients with a short-term goal of having orthopedic or elective surgery who could benefit from health improvements, or “optimization,” to improve surgical outcomes.

The components of the program may include:

- ▶ Medical evaluation and follow-up appointments to assess current risk factors. Services may include:
 - Monthly visits with our advance practice nurse or physician to monitor progress.
 - Medication adjustments, if appropriate.
 - Consultations with specialists or collaboration with referring physician.
 - Referral to our surgical weight-loss program, if appropriate.
- ▶ Diagnostic testing, which may include a laboratory work-up, EKG, sleep study and cancer screenings.
- ▶ Nutrition assessment to analyze current nutritional health, metabolism and body composition. Services may include:
 - Interactive group sessions.
 - Diabetes education program.
 - General healthy eating and nutrition education sessions.
 - Nutrition counseling sessions to develop an individualized meal plan.
- ▶ Physical assessment to evaluate cardiopulmonary health, muscle strength, flexibility, mobility and balance. Services may include:
 - Interactive group sessions.
 - Individual skilled physical therapy to address specific needs (such as severe joint pain or cardiopulmonary deconditioning).
 - Monitored group exercise sessions at Memorial SportsCare.
 - Discounted YMCA membership.
- ▶ Assessment to learn more about current lifestyle, provide self-management tools and healthy coping skills. Services may include:
 - Interactive group sessions.
 - Individual counseling sessions.
 - Smoking cessation.

Who can benefit?

- ▶ Patients interested in having an elective procedure and encouraged by their physician/surgeon to improve health to optimize surgical results
- ▶ Patients with a BMI 26-40 with or without other health problems related to excess weight
- ▶ Patients with a BMI more than 40 and not interested in bariatric surgery
- ▶ Patients who are struggling with mobility and/or are not able to walk farther than 25 feet on their own
- ▶ Patients with unmanaged blood glucose levels with a hemoglobin A1C greater than 7
- ▶ Patients willing to work with a multidisciplinary team
- ▶ Patients ready to make a commitment to improve their health

Regional Presence

Patient Optimization is offered in Springfield, Illinois, as well as at Memorial hospital affiliate locations, such as Abraham Lincoln Memorial Hospital in Lincoln, Passavant Area Hospital in Jacksonville and at Taylorville Memorial Hospital in Taylorville.*

**Contact our office for details on program location availability.*



Nutrition Counseling

Nutrition is an important part of health maintenance. It affects the prevention and treatment of many diseases such as heart disease, stroke, cancer, high blood pressure, diabetes and cirrhosis. Nutrition therapy also plays a significant role in the medical management of high-risk pregnancies, gastrointestinal diseases, hyperlipidemia and other diseases.

Prescribed nutrition therapy is provided by registered dietitians qualified by education, experience and expertise. A registered dietitian assesses your nutrition status and tailors nutrition therapy to your individual eating habits, lifestyle, budget and nutrient needs required by your diagnosis. Our focus is on helping you live more healthfully by making simple lifestyle changes.

Memorial's registered dietitians perform thorough, individualized nutritional assessments. They develop well-balanced nutrition and lifestyle goals individualized for your needs.

Who can benefit?

People with the following concerns or conditions:

- ▶ Heart disease and elevated cholesterol levels
- ▶ High blood pressure
- ▶ Celiac disease/gluten intolerance
- ▶ Kidney disease
- ▶ Gastrointestinal disorders, such as irritable bowel syndrome, diverticulosis or Crohn's Disease
- ▶ Nutrition during pregnancy and lactation
- ▶ Unintentional weight loss
- ▶ General healthy eating
- ▶ Prediabetes
- ▶ Diabetes
- ▶ Food allergies
- ▶ Sports nutrition
- ▶ Eating disorders

Regional Presence

Nutrition Counseling is offered in Springfield, Illinois, as well as at Memorial hospital affiliate locations, such as Abraham Lincoln Memorial Hospital in Lincoln, Passavant Area Hospital in Jacksonville and at Taylorville Memorial Hospital in Taylorville.*

**Contact our office for details on program location availability.*



Meet Greg

A DIABETES SUCCESS STORY

At 31, Greg was diagnosed with Type 2 diabetes. Three years later, he was still having trouble regulating his blood sugar, and he was beginning to notice increasing health complications due to his diabetes. Both of his parents are diabetic, and at 5 feet 10 inches and 275 pounds, the 34-year-old knew something had to give.

“My body was handing me a pink slip,” Greg said.

On the recommendation of a friend, Greg decided to check out the Memorial Weight Loss & Wellness Center. While his face was puffy and swollen and he was visibly overweight, his main concern was his failing health at such a young age.

“I got myself into this mess. I had to get myself out,” he said.

Greg never received formal training about how to manage his diabetes. The staff at the Weight Loss & Wellness Center jumped right in to equip him with the tools necessary to create change in his life, beginning with:

- ▶ Monitoring his heart rate
- ▶ Walking in his neighborhood—starting with just one mile a night
- ▶ Gradually increasing his distance as his fitness level improved
- ▶ Eating a more balanced diet, with a focus on portion control

His progress was slow at first—he lost just four pounds the first month. However, once he was ready, staff helped him ramp up his workouts to better maximize his results. At the end of two months, Greg had shed 30 pounds, and after a full six months of support, he lost an amazing 60 pounds.

The best news? Greg is now medication free.

“I just needed that extra oomph to kick diabetes in the butt.”



Regional Presence

Memorial Diabetes Services is offered in Springfield, Illinois, as well as at Memorial hospital affiliate locations, such as Abraham Lincoln Memorial Hospital in Lincoln, Passavant Area Hospital in Jacksonville and at Taylorville Memorial Hospital in Taylorville.*

**Contact our office for details on program location availability.*

Memorial Diabetes Services

Learning how to manage your diabetes can feel overwhelming, but you don't have to do it alone. Our American Association of Diabetes Educators (AADE) accredited program at Memorial Diabetes Services will help you improve control of your blood glucose and your overall health.

Our program curriculum focuses on seven key areas—the AADE7 Self-Care Behaviors™:

Healthy Eating

Making healthy food choices, understanding portion sizes and learning the best times to eat are central to managing diabetes. Our registered dietitians/certified diabetes educators can help establish an eating plan that is right for you.

Taking Medications

Diabetes is a progressive condition. Sometimes different medicines may be required to help improve blood glucose control, cholesterol or blood pressure. It is important to understand how your medications work.

Problem Solving

A person with diabetes must keep their problem-solving skills sharp because on any given day, a high or low blood glucose episode or a sick day will require them to make rapid, informed decisions about food, activity and medications. We will review how to handle unique situations that may arise.

Healthy Coping

Living with diabetes can be emotionally challenging. Stress can affect your glucose control. We can help you with strategies to deal with stress and emotional issues related to life with diabetes.

Being Physically Active

Regular physical activity is important for overall fitness, weight management and blood glucose control. With appropriate levels of exercise, those at risk for Type 2 diabetes can reduce that risk, and those with diabetes can improve glycemic control, enhance weight loss, help control lipids and blood pressure and reduce stress. Being active most days of the week is key to improving your glucose control.

Monitoring

Daily self-monitoring of blood glucose provides people with diabetes the information they need to assess how food, physical activity and medications affect their blood glucose levels. Monitoring also includes checking blood pressure, weight and cholesterol levels.

Reducing the Risk of Complications

Effective risk reduction behaviors such as smoking cessation and regular eye, foot and dental examinations reduce diabetes complications and maximize health and quality of life. Our program helps you learn to understand, seek and regularly obtain an array of preventive services.

Who can benefit?

- ▶ Patients with prediabetes
- ▶ Patients with diabetes
- ▶ Patients with gestational diabetes
- ▶ Patients who are newly diagnosed with one of the above diagnoses, never received diabetes education or just need a refresher

Take the Next Step to **Better Health**

Are you ready to begin the journey to better health?

If so, we're ready to take those steps alongside you.

Call us today to change your life.

Central Illinois: 217-788-3948 | Toll-Free: 866-205-7915

Learn more or get started by filling out our pre-screening form.

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